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# **Swordfish**

**with Red Potatoes**

Men's Health

2 T + 1½ T lemon juice  
1 t + 1 t olive oil  
1 t herbal salt substitute  
4 bay leaves

2 swordfish steaks, ¾ to 1" thick  
2 red potatoes, partially cooked  
and halved  
1 t snipped fresh parsley

In a shallow baking dish, combine 2 tablespoons of the lemon juice, 1 teaspoon of the oil, the herbal seasoning, and the bay leaves. Add the fish and turn to coat both sides. Cover with plastic wrap and refrigerate, turning occasionally, for 2 to 4 hours.

Coat the grill rack with cooking spray. Grill the fish and potato halves over medium heat, brushing with the marinade, for 5 to 7 minutes on each side or until the fish is cooked through and the potatoes are tender.

In a cup, combine the remaining 1 1/2 tablespoons of lemon juice, the remaining 1 teaspoon of oil, and the parsley. Drizzle the seasoned juice over the fish and potatoes before serving.

**Makes 2 servings**

## ***Per Serving Information***

| <i>calories</i> | <i>grams fat</i> | <i>mg cholesterol</i> | <i>grams fiber</i> | <i>mg sodium</i> |
|-----------------|------------------|-----------------------|--------------------|------------------|
| 347             | 10               | 53                    | 3.4                | 133              |

## ***Tip***

### **Roast Nuts.**

For a snack, heat almonds and pecans in a pan until they're dark and smoking.

## **Tuna Steaks** with Chive and Dill Sauce

Men's Health

- |                                        |                           |
|----------------------------------------|---------------------------|
| $\frac{2}{3}$ c fat-free chicken broth | 1 t coarse-grain mustard  |
| 1 T finely minced fresh chives         | 1 T olive oil             |
| 1 T finely minced fresh dill           | 4 tuna steaks, 5 oz. each |
| or 1 t dried                           |                           |

In a large nonstick skillet, combine the broth, chives, dill, and mustard. Bring to a boil over high heat, whisking frequently. Continue to boil and whisk for about 3 minutes, or until the sauce has been reduced to half its volume. Transfer the skillet to the side of the grill rack to keep the sauce warm.

Rub the oil over the surface of each steak. Then grill about 5 1/2" from medium heat for 4 to 5 minutes per side, or until the fish is opaque throughout (test with a sharp knife).

Remove from the grill, then drizzle the sauce over the tuna. Serve warm.

**Makes 4 servings**

### ***Per Serving Information***

| <i>calories</i> | <i>grams fat</i> | <i>mg cholesterol</i> | <i>grams fiber</i> | <i>mg sodium</i> |
|-----------------|------------------|-----------------------|--------------------|------------------|
| 184             | 4.8              | 62                    | 0                  | 124              |

### ***Tip***

#### **Add on.**

To add hot coals to a grill, punch holes in the side of a coffee can, fill it with self-lighting briquettes, and toss in a lit match. In 15 minutes, put on oven mitts and empty the can into your grill.

**Sweet-and-Tart**  
**Shrimp**

**Men's Health**

2 T coarse Dijon mustard  
2 T white wine vinegar  
or rice wine vinegar  
2 T vegetable oil

2 T honey  
1¼ lbs jumbo shrimp, peeled  
and deveined, tail on

In a shallow bowl, combine the mustard, vinegar, oil, and honey. Stir to blend. Add the shrimp and toss to coat. Cover and marinate in refrigerator for 1 hour.

Grill the shrimp over high heat for 3 to 5 minutes, turning once and basting often with marinade. Serve warm with orange and lime wedges, if desired.

**Makes 4 servings**

**Per Serving Information**

| <i>calories</i> | <i>grams fat</i> | <i>mg cholesterol</i> | <i>grams fiber</i> | <i>mg sodium</i> |
|-----------------|------------------|-----------------------|--------------------|------------------|
| 234             | 9                | 177                   | 0.2                | 270              |

**Tip**

**Be indirect.**

The trick to roasting food without burning it is to cook it indirectly. On a gas grill, shut off the center burner just under the meat. With charcoal, move the coals to the sides of the grate and cook over the center.

## Snapper Fillets

with Lime-Orange Marinade

Men's Health

$\frac{1}{4}$  c lime juice  
 $\frac{1}{4}$  c orange juice  
1 T olive oil  
2 T minced shallots or scallions  
1 T fresh tarragon or  $\frac{1}{2}$  dried  
 $\frac{1}{8}$  t ground nutmeg  
 $1\frac{1}{4}$  lbs red snapper fillets, cut  
into 4 equal pieces  
1 orange, cut into  $\frac{1}{2}$ " slices  
1 lime, cut into  $\frac{1}{2}$ " slices

In a shallow bowl, combine the lime juice, orange juice, oil, shallots or scallions, tarragon, and nutmeg. Place the red snapper fillets in bowl, turning to coat evenly with marinade. Marinate, skin side up, covered, in the refrigerator for 1 hour.

Grill the fillets over high heat, skin side up, for 3 minutes. Turn the fillets over, baste with the marinade, and continue grilling for 3 to 6 minutes.

Place the lime and orange slices on grill and baste lightly with the marinade. Turn once, then serve with red snapper fillets.

**Makes 4 servings**

### Per Serving Information

| calories | grams fat | mg cholesterol | grams fiber | mg sodium |
|----------|-----------|----------------|-------------|-----------|
| 208      | 5.4       | 52             | 0.3         | 92        |

### Tip

#### Light it early.

If using charcoal, ignite it 45 minutes before you need to grill.

**Marinated London Broil**

3 cloves garlic, halved

2 lbs beef top round, 2" -thick

3 T balsamic vinegar

1 t dried thyme

1 t ground coriander

Ground black pepper

*To make the marinated London broil:* Pierce the flat side of each half of the garlic cloves and rub the garlic over the beef. Set aside.

In a shallow baking dish, combine the vinegar, thyme, and coriander. Add the beef and garlic halves. Turn the meat to coat both sides evenly with the marinade. Set aside to marinate, turning once, for 30 minutes. Discard the marinade.

Coat the grill rack with cooking spray. Grill the meat about 6" from medium heat until desired level of doneness is reached. Remove and let stand for 5 minutes. Carve into thin slices. Season with the pepper.

*To make the gravy:* While the London broil is marinating, in a medium saucepan, dissolve the cornstarch and mustard in 1/4 cup of the broth. Whisk in the remaining 1 3/4 cups broth and cook over medium heat until the gravy comes to a boil and thickens. Serve over the London broil.

**Makes 8 servings**

**Per Serving Information**

| calories | grams fat | mg cholesterol | grams fiber | mg sodium |
|----------|-----------|----------------|-------------|-----------|
| 168      | 3.6       | 70             | 0           | 52        |

**Tip**

**Use tongs to turn.**

Piercing meat with a fork lets out the juices—and that leads to dry meat.

## London Broil with Pasta

Men's Health

1 lb top London broil or  
flank steak  
 $\frac{1}{2}$  c red wine  
 $\frac{1}{2}$  c olive oil  
 $\frac{1}{2}$  c beef broth  
1 large green pepper, seeded  
and chopped

1 c cherry tomatoes, halved  
1 c fresh mushrooms, sliced  
1 t oregano  
 $\frac{1}{4}$  c brandy  
2-3 c cooked whole wheat  
pasta

In a shallow baking dish, combine the red wine and olive oil. Place the beef in this marinade and refrigerate for 2 hours, turning the beef over once.

Grill over medium heat until desired level of doneness is reached, then cut into 1" cubes. Combine the broth, vegetables, mushrooms, and oregano in a large skillet and boil. Reduce heat, cover, and simmer for 10 minutes. Add meat, then pour brandy in center of skillet and light (see "How to Light Your Fire" for warning and torching instructions). Gently stir everything together and then serve over pasta.

**Makes 4 servings**

### Per Serving Information

| calories | grams fat | mg cholesterol | grams fiber | mg sodium |
|----------|-----------|----------------|-------------|-----------|
| 491      | 17        | 53             | 7           | 154       |

## How to Light Your Fire

You can't just dump booze on food and throw in a match—that's asking for trouble. First, pour the liquor in a microwave-safe measuring cup. Nuke it for 30 seconds on low power or until warm to the touch. *Do not let it boil.* Then pour the liquor over the food, strike a long fireplace match, and set it ablaze.

*Note:* Always remove food from the grill before igniting.

Lighted

## Lamb Kebabs

Men's Health

- 1 lb boneless lamb loin,  
cut into 1" cubes
- 1 c beer
- 2 onions, peeled and cut  
into wedges
- 2 bell peppers, seeded and cut into 8 equal squares
- 8 pineapple wedges
- 8 plum tomatoes
- $\frac{1}{4}$  c jalapeño-flavored vodka
- Whole wheat pita bread

In a shallow baking dish, place the lamb in the beer and marinate in the refrigerator for 2 hours.

Thread the lamb, onions, peppers, pineapple, and tomatoes onto four skewers, and cover with cooking spray. Grill over high heat for 10 minutes or until the lamb is tender. Move the kebabs away from the grill, place them on an ovenproof dish, drizzle with vodka, then ignite (see "How to Light Your Fire" for warning and torching instructions). When the flames die, slide each kebab into a pita and serve.

**Makes 4 servings**

### Per Serving Information

| calories | grams fat | mg cholesterol | grams fiber | mg sodium |
|----------|-----------|----------------|-------------|-----------|
| 547      | 8.5       | 76             | 10          | 406       |

### Tip

#### Play with pokers.

Use twin steel skewers to make your kabobs—two prongs keep the chunks more secure when you turn them on the grill. If you'd rather use wooden skewers, soak them in water for 30 minutes before grilling.



# Sirloin Steaks

with Fresh Herb Marinade

Men's Health

## Herb-Marinated Steaks

4 cloves garlic, minced  
5 basil leaves, finely chopped  
2 T chopped fresh rosemary  
2 t chopped fresh thyme  
Pinch of salt  
Pinch of ground black pepper  
4 sirloin steaks, 6 oz. each  
2 t olive oil

## Roasted Tomatoes

8 plum tomatoes, halved  
lengthwise  
Salt and ground black pepper

## Garnish

$\frac{1}{2}$  c chopped shallots  
2 t olive oil

*To make the roasted tomatoes:* Preheat the oven to 225°F.

Sprinkle the tomatoes very lightly with the salt and pepper. Place, cut side down, on a nonstick baking sheet. Place in the oven and roast for 6 to 7 hours. Remove from the oven and set aside.

*Note:* This can be done the night before.

*To make the herb-marinated steaks:* In a small bowl, combine the garlic, basil, rosemary, thyme, salt, and pepper. Brush both sides of each steak with the oil. Sprinkle the herb mixture on both sides of each steak. Place the steaks on a platter, cover with plastic wrap and refrigerate for at least 2 hours.

Grill the steaks over high heat until the desired level of doneness is reached.

*To make the garnish:* In a medium nonstick skillet over medium heat, sauté the shallots in the oil for 2 to 3 minutes, or until lightly browned. If needed, rewarm the tomatoes. Top each steak with the shallots and tomatoes.

**Makes 4 servings**

## Per Serving Information

| calories | grams fat | mg cholesterol | grams fiber | mg sodium |
|----------|-----------|----------------|-------------|-----------|
| 323      | 12.9      | 97             | 3.3         | 98        |

## Tip

### Take up smoking.

Smoking chips, available in supermarkets and hardware stores, add new flavors to foods. Soak them in water for 30 minutes, then toss them in the smoking chamber of a gas grill (or right onto the coals if using charcoal) a few minutes before you start cooking.

Try apple, cherry, or maple chips for chicken; mesquite, hickory, or pecan for beef; alder for salmon or turkey; oak for seafood; and hickory for pork. Use poker chips for your in-laws.

- ¼ c minced onions
- ¼ c finely chopped shiitake or Portobello mushrooms
- 1½ T chopped fresh parsley or thyme
- 1 T reduced-sodium Worcestershire sauce
- ¼ t hot-pepper sauce
- 12 oz. extra-lean ground beef
- 4 Kaiser rolls, toasted
- 4 leaves lettuce (optional)
- 4 slices tomato (optional)

Coat a medium nonstick skillet with cooking spray and warm over medium heat. Add the onions and mushrooms. Cook, stirring frequently, for 4 to 5 minutes, or until the mushrooms are lightly browned. Place in a medium bowl and set aside to cool.

In a medium bowl, stir in the parsley or thyme, Worcestershire sauce, and hot-pepper sauce. Add the beef and mix quickly with your hands to combine. Shape into 4 burgers, ¾"-thick.

Coat the grill rack with cooking spray. Grill the burgers about 6" from medium heat for 5 to 6 minutes per side, or until browned and cooked through. Serve on the rolls with the lettuce and tomatoes, if desired.

**Makes 4 servings**

### Per Serving Information

| calories | grams fat | mg cholesterol | grams fiber | mg sodium |
|----------|-----------|----------------|-------------|-----------|
| 108      | 2.8       | 41             | 0           | 63        |

### Tip

#### Prevent grease fires.

Use bread to soak up the grease. Don't eat the bread.

## Zesty Barbecued Chicken Breasts

# Men's Health

- ¼ c chili sauce
- 2 T reduced-sodium ketchup
- 1 T honey
- 1 T red-wine vinegar
- 1 t ground ginger
- 1 t Dijon mustard
- ¾ t ground black pepper
- ¼ t garlic powder
- ¼ t ground red pepper
- 4 boneless, skinless chicken breast halves

In a small saucepan, combine the chili sauce, ketchup, honey, vinegar, ginger, mustard, black pepper, garlic powder, and red pepper. Bring to a boil over medium heat. Remove from the heat and set aside.

Grill the chicken about 4" from medium heat for 5 minutes. Turn, brush with the sauce and grill for 5 to 10 minutes, or until the chicken is no longer pink inside (test with a sharp knife). Brush the other side with the remaining sauce before serving.

**Makes 4 servings**

### Per Serving Information

| calories | grams fat | mg cholesterol | grams fiber | mg sodium |
|----------|-----------|----------------|-------------|-----------|
| 180      | 3.1       | 69             | 0.3         | 280       |

### Tip

#### Know the temperature.

At "warm" (300°F), you can hold your hand over the grill at cooking level for 5 seconds. At "hot" (350°F), you'll last about 3 seconds. And at "very hot" (450°F), only 2 seconds.

- |                                  |                                            |
|----------------------------------|--------------------------------------------|
| ¼ c balsamic vinegar             | 4 boneless, skinless chicken breast halves |
| 2 t olive oil                    | 2 red potatoes, quartered                  |
| 1½ t minced garlic               | lengthwise and cooked                      |
| ½ t dried rosemary, crushed      | 2 red onions, cut into 6 wedges            |
| ½ t coarsely ground black pepper | 1 sweet yellow pepper, cut into 2" strips  |
| ½ t dried oregano                | 1 sweet red pepper, cut into 2" strips     |

In a shallow baking dish, combine the vinegar, oil, garlic, rosemary, oregano, and pepper. Add the chicken, turning to coat with the marinade. Cover the chicken and refrigerate for at least 30 minutes.

Add the potatoes, onions and peppers to the marinade.

Coat the grill rack with cooking spray. Preheat the grill on medium heat for 10 minutes. Arrange the chicken and vegetables on the grill, reserving the marinade. Cook, turning the chicken and vegetables occasionally and brushing with the reserved marinade, until the chicken is no longer pink inside (test with a sharp knife) and the vegetables are tender.

**Makes 4 servings**

***Per Serving Information***

| <i>calories</i> | <i>grams fat</i> | <i>mg cholesterol</i> | <i>grams fiber</i> | <i>mg sodium</i> |
|-----------------|------------------|-----------------------|--------------------|------------------|
| 148             | 2.8              | 6                     | 2.2                | 16               |

***Tip***

**Veg out.**

Don't take vegetables straight from the refrigerator to the grill—let them come to room temperature first. And since veggies continue to cook after you remove them from the heat, take them off the grill when they're just slightly undercooked.

# Chicken

with Pineapple-Mustard Glaze

Men's Health

- 1 c reduced-fat chicken broth
- 6 T frozen pineapple juice concentrate, thawed
- 1 T coarse-grained Dijon mustard
- 1 clove garlic, minced
- 1 t minced fresh rosemary or  $\frac{1}{2}$  t dried

- 1 t mustard powder
- Dash of ground red pepper
- 1 T honey
- 4 boneless, skinless chicken breast halves

In a small saucepan, boil the chicken broth over medium-high heat until it is reduced to  $\frac{1}{4}$  cup. Add the juice, mustard, garlic, rosemary, mustard powder, red pepper, and honey. Bring to a boil; reduce heat to low and simmer for 5 minutes, stirring occasionally. Remove from the heat. Use immediately or refrigerate until ready to use.

Coat the grill rack with cooking spray. Preheat the grill on medium-high heat for 10 minutes. Grill the chicken for 4 minutes. Turn; grill for 1 minute. Brush with the pineapple-mustard glaze. Continue grilling, brushing occasionally with the glaze, until the chicken is no longer pink inside (test with a sharp knife).

**Makes 4 servings**

## Per Serving Information

| calories | grams fat | mg cholesterol | grams fiber | mg sodium |
|----------|-----------|----------------|-------------|-----------|
| 315      | 4.9       | 96             | 0.1         | 263       |

## Tip

### Rub it right.

For a new taste, sprinkle dry spices right on chicken or steak before grilling to bake in flavor. One fast, all-purpose rub: Mix a tablespoon each of chili powder and oregano with a few dashes of crushed coriander.

**Grilled**

## **Turkey Steak**

**Men's Health**

1½ lbs boneless, skinless  
turkey breast  
¼ c Dijon mustard  
Freshly ground black  
pepper (optional)

½ c orange juice  
2 t Worcestershire sauce  
1 clove garlic, minced  
or ¼ t garlic powder

In a shallow baking dish, brush both sides of the turkey with the mustard and sprinkle with the pepper. In a small bowl, mix the orange juice, Worcestershire sauce, and garlic. Pour half of the orange mixture over the turkey. Turn the turkey to coat evenly. Cover; marinate in the refrigerator for 30 minutes.

Coat the grill rack with cooking spray. Grill the turkey over medium heat, turning occasionally and brushing with the remaining orange juice mixture, for about 30 minutes or until cooked through. Let stand for 5 minutes. Cut across grain into thin diagonal slices.

**Makes 6 servings**

### ***Per Serving Information***

| <i>calories</i> | <i>grams fat</i> | <i>mg cholesterol</i> | <i>grams fiber</i> | <i>mg sodium</i> |
|-----------------|------------------|-----------------------|--------------------|------------------|
| 150             | 1.7              | 70                    | 0.2                | 327              |

### ***Tip***

**Play it safe.**

Keep a fire extinguisher and/or a bucket of sand near the grill.

- 1/3 c red-wine vinegar
- 1 T Dijon mustard
- 1 T reduced-sodium Worcestershire sauce
- 1 clove garlic, crushed
- 1 T chopped fresh parsley
- 1/4 t ground black pepper
- 1 bay leaf, broken in half

In a small bowl, whisk together the vinegar, mustard, Worcestershire sauce, garlic, parsley, and pepper. Add the bay leaf.

Pour the marinade over 1 lb beef, pork, or lamb in a heavy-duty resealable plastic bag or glass or ceramic baking dish. Seal or cover and refrigerate, turning occasionally. For meat that is cut into small pieces, refrigerate for 1 hour before cooking. For meat in one large piece, refrigerate for up to 3 hours before cooking. After marinating is complete, remove and discard the bay leaf.

## Variations

**Citrus Herb Marinade for Meat:** Omit the mustard and Worcestershire sauce. Replace the vinegar with 3 tablespoons orange juice and 3 tablespoons lemon juice. Add 1 tablespoon chopped fresh rosemary, cilantro, tarragon, or thyme.

**Tropical Spice Marinade for Meat:** Omit the mustard, Worcestershire sauce, parsley, and bay leaf. Replace the vinegar with pineapple juice, apple cider, or apricot nectar. Add 1 teaspoon ground cumin, 1/2 teaspoon ground coriander, 1/4 teaspoon ground ginger, and a pinch of allspice.

**Makes 1/2 cup**

## Per tablespoon

| calories | grams fat | mg cholesterol | grams fiber | mg sodium |
|----------|-----------|----------------|-------------|-----------|
| 5        | 0.1       | 0              | 0           | 39        |